## **Assess your TEAMWORK skills**



# On completing this you should be able to...

- Understand which skills can make you a good team player
- See which team player skills you are strong at
- Spot where you could improve your team player skills
- Come up with ideas to improve your team player skills

This is a Journey to Work resource

### Team player self-assessment



#### **RATE YOUR OWN TEAMWORK SKILLS**

How would you rate yourself on these teamwork skills?

5 is highest, 1 is lowest.

1 2 3 4

I can communicate with others			
I can share ideas and resources			
I can help with solving problems			
I can be organised and reliable			
I can cope and adapt to new situations			
I can put team goals first			
I can stay positive in facing challenges			

#### WHICH SKILLS DO YOU WANT TO BOOST?

Come up with one idea for improving your teamwork for any skill where you scored 3 or less.																							
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